

WIC NEWS AND NOTES



Waukesha County WIC Program, 514 Riverview Ave, Waukesha, WI 53188

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July - September 2017



Farmer's Market Benefits and Market Tote

Farmer's Market checks are now available for eligible participants at the WIC office during regular pick up hours. Families will receive \$24.00 in vouchers to purchase fresh, nutritious, fruits, vegetables and herbs from farmers' markets and roadside stands.

Distribution began on June 1st and will continue until September 30th. Farmers' Market Vouchers can be spent until October 31st at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these coupons.

As an added incentive, once you utilize your benefits at the Market, return to the WIC office to receive a **FREE Farmer's Market tote!** (while supplies last)



FREE Breastfeeding Education Classes

Breastfeeding education classes are taught at the Public Health/WIC Building, for pregnant women interested in learning more about the "how-to's" and benefits of breastfeeding their infants.

Whether you are a first-time mom, or just need a refresher, our Breastfeeding Peer Counselors will cover topics such as how to overcome the myths and fears of breastfeeding, and will teach tips and techniques to get moms and babies off to the best breastfeeding start.

Receive a FREE GIFT for attending, and be entered into a door prize drawing that takes place at the end of the class.

The Breastfeeding class schedule for remainder of 2017 includes (12:30-2:30 pm):

Monday, July 31

Tuesday, October 24

Classes are open to all WIC participants, and a support person is welcomed and encouraged. Refreshments are provided.

Contact Tiffany to find out more, or to register for the class: 262-896-8362.

Featured WIC Recipe

KIDS IN THE KITCHEN

Fruity Frozen Treats

Take a stroll through the farmer's market for in-season fruits, and bring the kids into the kitchen to prepare their own tasty snack. Then, beat the heat of summer with these delicious, frozen treats!

Makes 8 servings

Ingredients:

- 1 cup nonfat lemon (or flavor of choice) yogurt*
- 2 cups cubed, seedless watermelon*
- 1 pint fresh strawberries, tops removed*
- 1 medium banana, peeled and sliced*

Supplies:

- 12 muffin tin with paper baking cups

Preparation:

1. Place yogurt and fruit in a blender. Cover tightly.
2. Blend until smooth. Pour into muffin tin.
3. Freeze until frozen solid, at least 2-3 hours.
4. To serve, remove from freezer and let sit about 10 minutes. Peel paper cup off each treat and eat.

Preparation time: 10 minutes, plus 3 hours freezing time



Find more recipes at www.usda.gov/whatscooking

*Food benefits dependent upon WIC participant status and eligibility.

WIC will be CLOSED Tuesday, July 4: No late clinic or pick up available

Monday, September 4: benefit pickup will be Tuesday September 5 from 8:15-4:00

Thursday, Nov. 23 and Friday, Nov. 24: No clinic or pick up available

Monday, Dec. 25 and Tuesday, Dec. 26: benefit pickup will be Friday, Dec. 22 and 29 from 8:15-4:00

Monday, Jan. 1 and Tuesday, Jan. 2: benefit pickup will be Wednesday, Jan. 3 from 8:15-4:00

Late hours for clinic and benefit pickup will NOT be available on these Tuesdays.

FREE SUMMER LUNCH PROGRAM



A bag lunch and beverage are served all summer at no cost to local children.

The City of Waukesha Department of Parks, Recreation and Forestry Summer Parks Program follows the luncheon.

Where: Saratoga Park (*Behind STEM School*)

130 Walton Ave.

When: During Summer Vacation Break

June 13-August 31

Monday - Friday

Time: 11:30 AM—12:00 NOON

What: Bag lunches will be served and includes a sandwich, chips, fruit, vegetable and a beverage

Questions? Please call 262-544-1850



Wisconsin MyWIC App

On your smartphone you can now:

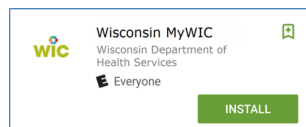
- Search WIC Foods
- View Benefit Balance
- Find Stores
- View WIC Messages

Look for the Wisconsin MyWIC app!

Apple Store



Google Play Store



Search **Waukesha County WIC**

PLAY LOCAL

SUMMER FUN AND ACTIVITIES

Waukesha's Friday Night Live - every Friday from 6:30-9:00pm from June through September. Located in the streets of downtown Waukesha, Friday Night Live hosts ten stages of entertainment & businesses are open to offer food, candies, drinks, artwork and much more.

Kids Bowl Free - sign your child up to bowl two FREE games of bowling, every day, all summer long! Visit www.kidsbowlfree.com, and select a bowling center near you.

Stories in the Park - Sponsored by the Waukesha Public Library. Enjoy stories, tongue-twisters, riddles and magic tricks. Mondays, July 10 - July 31 at the following locations:

Banting: 12:30-1 pm

Buchner: 2-2:30 pm

Merrill Crest: 3-3:30 pm

Join the **Summer Reading Club** at your local library. FREE to join, earn prizes just for reading!

Steam Discovery Center at the Waukesha Public Library offers hands on projects such as crafts, coding and robotics for children ages 7-12. NO registration required. The program runs on Thursdays from 2-3:00 pm, June 15 through July 27.

Waukesha County Parks and Beaches - Wonderful places to picnic, hike and swim, County Park admission is a deal at just \$4/day per carload.



ARE YOU MOVING?

WIC is here to help. There are many WIC offices in Wisconsin and across the nation. If you plan to move, please let us know so we can provide you with a verification (VOC) form that will assist with transferring your benefits (enrollment) to the new location.

This institution is an equal opportunity provider.